

# HARFORD COUNTY SENIOR ACTIVITY CENTERS CATALOG OF CLASSES FALL 2018



**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director, Community Services

**Office on Aging**

Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging) 410.638.3025



# Stepping On

## Building Confidence and Reducing Falls

## Concerned about Falling?

*Stepping On is a well-researched falls prevention program that will be offered at the Fallston Senior Activity Center starting Thursday, Oct. 4 through Nov. 15 from 10:00 a.m. to Noon.*

The class is free of charge to senior center members and meets for two hours a week for seven weeks. Participants must commit to attending all seven classes.

The class is facilitated by nurses from University of Maryland Upper Chesapeake Health Systems HealthLink.

Interested members must apply in person for the class and must meet the following criteria:

- Age 55 or older
- Have had a fall in the past year or are fearful of falling
- Are living in a home or apartment
- Are NOT suffering from dementia

Applications will be accepted starting the first day of Fall registration. Class is limited to 14. For more information, contact the Fallston Senior Activity Center at 410-638-3260. This class will be offered at other Senior Activity Centers in Harford County in 2018.

*More information on additional class dates coming soon!*



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## HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

# OFFICE ON AGING

*The Harford County Department of Community Services Office on Aging provides support to persons age 55\* and over to live full, productive and satisfying lives.*

## SERVICES

**Caregiver Support** — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

**Housing Information** — available on senior apartments, assisted living and nursing homes in Harford County.

**In-Home Care** — includes home visits by Office on Aging caseworkers, and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

### **Information and Assistance regarding:**

- Consumer Problems
- Food Stamps
- Insurance
- Legal & Financial Issues
- Loan Closet
- Long Term Care
- Medical Assistance
- Pharmacy Assistance
- Social Security
- Social Services
- Supplemental Security Income
- Support Groups
- Taxes
- Veterans Benefits

**Long Term Care Ombudsman** — helps advocate for the rights of residents of nursing homes and assisted living facilities.

**Medicaid Waiver** — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

**State Health Insurance Assistance Program (SHIP)** — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

*\* Some services require a person to be age 60 or over.*

## Direct Numbers for Office on Aging Programs

**Aging & Disability Resource Center (ADRC)**  
410-638-3303

**Caregiver Program**  
410-638-3303

**Guardianship Program**  
410-638-4283

**Medicaid Waiver Program**  
410-638-4283

**Ombudsman Program**  
410-638-3577

**Outreach Programs**  
410-638-3303

**Senior Care Program**  
410-638-3303

**Senior Activity Centers**  
410-638-3032

**State Health Insurance Program**  
410-638-3577

**Senior Medicare Patrol Program**  
410-638-3577

## CONTACT

Fax: 410-893-2371 • TTY: 410-638-3086  
hcaging@harfordcountymd.gov  
www.harfordcountymd.gov  
145 N. Hickory Ave, Bel Air, MD 21014



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# 2018 HEALTH SCREENING SCHEDULE

**Upper Chesapeake Health Link will provide the following screenings to Harford County Seniors age 55+ at the Harford County Senior Activity Centers.**

*For more information about each screening please call your local Senior Activity Center.*

## **October – Flu Shots**

*(Flu shots are free with Medicare Card and ID; otherwise \$30 cash or check)*

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood

1st Wednesday – McFaul

2nd Tuesday – Aberdeen

2nd Wednesday – Fallston

4th Wednesday – Havre de Grace

*(\*Flu shots will happen in Sept. for HDG)*

## **November – Senior Safety/ Falls Prevention**

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood

1st Wednesday – McFaul

2nd Tuesday – Aberdeen

2nd Wednesday – Fallston

4th Wednesday – Havre de Grace

## **December – Blood Pressure Screenings**

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood

1st Wednesday – McFaul

2nd Tuesday – Aberdeen

2nd Wednesday – Fallston

4th Wednesday – Havre de Grace

*In addition to the screenings listed, Upper Chesapeake will also provide FREE blood pressure screenings on the same day as other screenings, with the exception of the day that flu shots are offered.*



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# Harford County Senior Activity Centers

## Locations and Hours of Operation

### **ABERDEEN** 410-273-5666

7 Franklin Street, Aberdeen, MD 21001

Monday-Friday 8:30 a.m. - 3:30 p.m.

**Closed for repairs until further notice.**

### **EDGEWOOD** 410-612-1622

1000 Gateway Drive, Edgewood, MD 21040

Monday-Friday 8:30 a.m. - 3:30 p.m.

### **EDGEWOOD REC & COMMUNITY CENTER** 410-612-1606

**Satellite location –**

**Classes and Activities only**

1980 Brookside Drive, Edgewood, MD 21040

Monday-Friday, 8:30 a.m. – 3:30 p.m.

### **FALLSTON** 410-638-3260

1707 Fallston Road, Fallston, MD 21047

Monday-Friday 8:30 a.m. - 3:30 p.m.

### **HAVRE DE GRACE** 410-939-5121

351 Lewis Lane, Havre de Grace, MD 21078

Monday-Friday 8:30 a.m. - 3:30 p.m.

### **MCFAUL** 410-638-4040

525 W. MacPhail Road, Bel Air, MD 21014

Monday-Friday 8:30 a.m. - 3:30 p.m.

### **NORRISVILLE** 410-692-7820

**Satellite Location - Classes only**

5310 Norrisville Road (Route 23)

White Hall, MD 21161

Monday-Friday 9:00 a.m. - 3:00 p.m.

*No meals are available at this location*

## Welcome to Harford County's Senior Activity Centers!

*We are dedicated to promoting healthy and active lifestyles for our citizens age 55 and over*

## FALL SEMESTER 2018

Monday, October 1 through Friday, December 7, 2018

### CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston classes ONLY on Monday, August 27, 2018

Registrations OPENS at McFaul for McFaul and Fallston classes ONLY on Tuesday, August 28, 2018

Registration OPENS at Edgewood, Havre de Grace and Norrisville\* on Wednesday, August 29, 2018

*\*Note: Norrisville is a satellite location and accepts drop-off registrations only;*

*Norrisville class registrations are also accepted at all Harford County Senior Center sites.*

**Aberdeen is closed for building repairs; all classes and activities have been moved to the Havre de Grace Center through the end of 2018**

### FALL CLASS REGISTRATION CLOSES ON Friday, September 21, 2018

*Registrations will not be accepted after this date*

### ALL CENTERS ARE CLOSED ON THE FOLLOWING DATES:

- **FRIDAY, SEPTEMBER 14, 2018 FOR QUARTERLY STAFF MEETINGS**
- **MONDAY, NOVEMBER 12 FOR VETERANS' DAY**
- **THURSDAY, NOVEMBER 22 AND FRIDAY, NOVEMBER 23, 2018 FOR THANKSGIVING HOLIDAY**
- **FALLSTON and the EDGEWOOD RECREATION & COMMUNITY CENTER (ERCC) ARE CLOSED TUESDAY, NOVEMBER 6 - ELECTION DAY POLLING SITES**
- **EARLY VOTING AT MCFAUL – THUR., OCT. 25 THROUGH THURS., NOV. 1. CENTER OPEN DURING EARLY VOTING.**

### HOW TO REGISTER:

To register for a class, you must first complete a SENIOR CENTER MEMBERSHIP form at any of our five locations. We recommend stopping in at your local center for a tour and to complete this form ahead of class registration.

Class registrations are accepted IN PERSON ONLY. At this time, we do not accept mail-in or drop-off registrations (except for Norrisville). You may bring ONE additional registration besides your own for someone unable to register in person. **No one is permitted to hold a place in the registration line or to accept a registration from someone with a higher processing number once numbers have been issued. Getting out of line forfeits your place, no exceptions.**

We accept cash, checks (made payable to Harford County, Maryland), VISA, MasterCard, Discover and debit cards at all locations except Norrisville. We appreciate exact change when paying with cash. If a course does not meet minimum enrollment, the class will be cancelled and students who paid for that class will be refunded. THERE ARE NO OTHER REFUNDS. Thank you for your cooperation.

# What You Need to Know Before You Register for Classes

## LIABILITY WAIVERS

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by instructors to sign a liability waiver as part of their business practice. Individual instructors can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers.

If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

## TRANSITION TIME FOR CLASSES AND ACTIVITIES

Our centers have busy schedules, and many classes and activities run back to back. Please note that the time listed for an activity or classes includes transition time for attendance at the start of class, and a few minutes for a class or activity to end and for participants to leave the space. We ask that participants arrive promptly for class and vacate the space quickly when the class is over. Thank you for your cooperation!

## SENIOR CENTER INCLEMENT WEATHER POLICY

In the event of inclement weather, our foremost concern is the safety of participants and staff. In the case of inclement weather, if Harford County Public

Schools are closed, all senior centers are closed. If Harford County Government offices are closed, all senior centers are closed. If Harford County Public Schools open LATE, all senior centers will open at 10:00 AM, with no bus or lunch service. Morning classes starting prior to 10:00 a.m. will be cancelled. If Harford County Government offices open LATE, all senior centers will open at the same time that Harford County Government Offices open, with no bus or lunch service. Morning classes with starting times prior to the late opening time will be cancelled. You can confirm closures or delays by visiting the Harford County website: [www.harford-countymd.gov/1139/County-Government-ClosingsDelays](http://www.harford-countymd.gov/1139/County-Government-ClosingsDelays) by calling the Harford County Inclement Weather Information Lines: 410-638-3484 or 410-638-3594 or by calling your local senior center.

## OTHER CLOSINGS

Every effort is made to keep the centers open during all normal hours of operation. Situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.

## MEMBER REQUESTS TO MAKE UP CLASSES

Members often ask if they can "make up" a class they must miss due to illness or a schedule conflict, especially when their instructor is offering the same class at the same center on a different day, or at another center. Members are not permitted to attend any class but the class they are registered to attend. Thank you for your understanding.

*Please note: This applies only to situations where a member must miss a class, not to classes cancelled by the instructor or to cancellations due to weather or other center emergencies.*

## FITNESS CLASS SYMBOLS



Aerobic, Increases heart rate



Light strength training/toning.  
Class may or may not use weights.



Seated/Seated Option



Mind/Body class. Uses breath with movement and concentration to enhance overall wellness and fitness.



Basic exercise for those just getting back into exercise or with limited abilities.



Intermediate low impact exercise for those with some experience and who can stand for at least 30 minutes.



Advanced exercise for those who can move continuously for at least 30 minutes and can easily get up and down from floor.

## MORE INFORMATION ON OUR WEBSITE

More information about the Harford County Senior Activity Centers, services offered through the Office on Aging, and information on community resources can be found on the Harford County web site at [www.harfordcountymd.gov](http://www.harfordcountymd.gov)

*To request disability-related accommodations, call 410-638-3025 at least seven days before an event.*

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost	
Edgewood Senior Activity Center								
Arts & Crafts	ED119AC	Crocheting for Beginners <i>Students should bring G&amp;H crochet needles, cotton worsted weight yarn and scissors, Approx. cost of \$15-25 for supplies.</i>	14	Monday	12:00 noon - 1:00 p.m.	5 15	Moulsdale	\$23
Computers	ED100CO-PM	Learning to Use the Personal Computer <i>Four classes: Oct. 3, 10, 17, 24 Meets at ERCC Please bring a 32 GB flash drive to each class.</i>	15	Thursday	12:30 p.m. - 2:30 p.m.	2 8	Lelliott	\$45
	ED200CO-PM	Using Social Media - Facebook, Email and YouTube <i>Meets at ERCC Four classes: November 7, 14, 21, 28 Please bring a 32 GB flash drive to each class.</i>	15	Thursday	12:30 p.m. - 2:30 p.m.	2 8	Lelliott	\$45
Dance	ED117DA	Ballroom Dance <i>Meets at ERCC</i>	15	Monday	12:00 p.m. - 1:00 p.m.	10 50	Bollino	\$23
	ED702DA	Line Dance - Intermediate <i>Meets at ERCC</i>	16	Monday	9:30 a.m.- 10:45 a.m.	5 35	Smith	\$5
	ED802DA	Line Dance - BEGINNER <i>Meets at ERCC</i>	16	Wednesday	9:30 a.m. - 10:30 a.m.	5 35	Smith	\$5
Exercise	ED340EX	24 Form Taijiquan <i>Meets at ERCC</i>	17	Friday,	9:00 a.m. - 10:00 a.m.	3 40	Palmiter	\$5
	ED404EX	Cardio Toning <i>Meets at ERCC</i>	17	Tuesday	8:45 a.m. - 9:45 a.m.	10 45	Keene	\$25
	ED170EX	Functional Fitness	18	Monday	10:30 a.m. - 11:30 a.m.	10 25	Keene	\$23
	ED501EX	Gentle Yoga & Meditation <i>Meets at ERCC NO Class 11/13</i>	19	Tuesday	10:00 a.m. - 11:00 a.m.	15 45	Trafton	\$23
	ED503EX	Gentle Yoga & Meditation <i>Meets at ERCC No Class 11/15</i>	19	Thursday	10:00 a.m. - 11:00 a.m.	15 45	Trafton	\$21
	ED210EX	Steppers - Wednesday	20	Wednesday	10:45 a.m. - 11:45 a.m.	10 40	Webster	\$5
	ED310EX	Steppers Friday	20	Friday	10:45 a.m. - 11:45 a.m.	10 40	Webster	\$5
	ED436EX	Zumba Gold Chair	21	Monday	12:45 p.m. - 1:45 p.m.	10 25	Keene	\$23
Fine Arts	ED108FA	Basic Drawing <i>\$3 supply fee paid to instructor</i>	21	Wednesday	12:30 p.m. - 2:00 p.m.	5 15	Principe	\$5
	ED119FA	Beginning Painting & Drawing	21	Wednesday	10:00 a.m. - 12:00 p.m.	3 12	Presberry	\$45
	ED219FA	Beginning Painting & Drawing	21	Friday	12:30 p.m. - 2:30 p.m.	3 12	Presberry	\$41
	ED208FA	Intermediate Drawing <i>\$3 supply fee paid to instructor</i>	21	Wednesday	10:00 a.m. - 11:30 a.m.	8 12	Principe	\$5
Music	ED100MU	Beginning Piano <i>Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.</i>	23	Friday	11:00 a.m. - 12:00 p.m.	5 10	LeBon-Harris	\$23



Course #		Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center									
Arts & Crafts	FA133AC	Basket Making - Beginning Weaver \$26 materials fee payable to instructor. 7 weeks: Oct. 4, 11, 18, 25, Nov 1, 8, 15	14	Thursday	9:30 a.m. - 11:30 a.m.	8	16	Sheriff	\$33
	FA134AC	Basket Making - Intermediate Weaver \$35 materials fee payable to instructor. 7 weeks: Oct 4, 11, 18, 25 Nov 1, 8, 15	14	Thursday	12:00 noon - 2:00 p.m.	8	16	Sheriff	\$33
	FA136AC	Basket Making - Advanced Weaver \$29 supply fee payable to instructor. 7 weeks: Oct 4, 11, 18, 25 Nov 1, 8, 15	14	Thursday	2:00 p.m. - 3:30 p.m.	6	10	Sheriff	\$26
	FA506AC	Knit & Crochet Beginner/Intermediate	14	Tuesday	10:00 a.m. - 12:00 p.m.	5	20	Hopkins	\$41
	FA311AC	Machine Quilting 1 \$5 supply fee payable to instructor. 6 weeks: Oct 3, 10, 17, 24, 31, Nov 7	14	Wednesday	12:30 p.m.- 3:00 p.m.	6	14	Whitlock	\$35
	FA611AC	Machine Quilting 2 \$5 supply fee payable to instructor. 3 weeks: Nov. 14, 21, 28	14	Wednesday	12:30 p.m. - 3:00 p.m.	5	14	Whitlock	\$20
	FA106AC	Wild Fowl Carving/Painting \$40 supply fee payable to instructor	15	Wednesday	9:00 a.m. - 11:00 a.m.	5	18	Stram	\$45
Computers	FA100CO-AM	Learning to Use the Personal Computer Four classes: Nov 1, 8, 15, 29 Please bring a 32 GB flash drive to each class.	15	Thursday	10:00 a.m. - 12:00 p.m.	4	16	Lelliott	\$45
	FA200CO-AM	Using Social Media - Facebook, Email, You-Tube, Instagram & Pinterest Four classes: Oct 4, 11, 18, 25 Please bring a 32 GB flash drive to each class.	15	Thursday	10:00 a.m. -12:00 p.m.	4	16	Lelliott	\$45
Dance	FA124DA	Basic Tap Dance-Level 2	15	Tuesday	10:15 a.m. - 11:15 a.m.	6	40	Erline	\$23
	FA101DA	Line Dance 1	16	Monday	10:00 a.m. - 11:00 a.m.	10	60	DeAngelis	\$23
Exercise	FA698DA	Stretch & Tone Barre	16	Thursday	10:00 a.m. - 11:00 a.m.	5	20	Erline	\$23
	FA156EX	Ageless Grace	17	Thursday	10:00 a.m. - 11:00 a.m.	15	60	Raymonda	\$23
	FA167EX	Body Conditioning & Training - BEGINNER-MONDAY	17	Monday	10:00 a.m. - 11:00 a.m.	15	50	Conner	\$23
	FA173EX	Body Conditioning & Training - BEGINNER-MONDAY	17	Monday	12:00 noon - 1:00 p.m.	15	50	Conner	\$23
	FA172EX	Body Conditioning & Training - BEGINNER-WED	17	Wednesday	12:00 noon - 1:00 p.m.	15	50	Conner	\$25
	FA161EX	Body Conditioning & Training - FRIDAY	17	Friday	10:00 a.m. - 11:00 a.m.	15	60	Conner	\$23
	FA176EX	Body Conditioning & Training - BEGINNER-FRIDAY	17	Friday	12:00 p.m. - 1:00 p.m.	15	50	Conner	\$23
	FA166EX	Body Conditioning & Training - WEDNESDAY	17	Wednesday	10:00 a.m. - 11:00 a.m.	15	60	Conner	\$25
	FA129EX-AM	Cardio Intervals	17	Monday	9:00 a.m. - 10:00 a.m.	15	60	Conner	\$23



Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
<b>Fallston Senior Activity Center (cont.)</b>							
	FA129EX-PM	Cardio Intervals	17	Monday	12:00 noon - 1:00 p.m.	15 60	Raymonda \$23
	FA529EX	Cardio Intervals - <i>FRIDAY</i>	17	Friday	9:00 a.m. - 10:00 a.m.	15 60	Conner \$23
	FA429EX	Cardio Intervals - <i>THURSDAY</i>	17	Thursday	9:00 a.m. - 10:00 a.m.	15 60	Raymonda \$23
	FA329EX	Cardio Intervals - <i>WEDNESDAY</i>	17	Wednesday	9:00 a.m. - 10:00 a.m.	15 60	Conner \$25
	FA450EX	Chair Cardio - Sit & Get Fit - <i>THURSDAY</i>	18	Thursday	11:00 a.m. - 12:00 noon	15 40	Conner \$23
	FA150EX	Chair Cardio - Sit & Get Fit - <i>TUESDAY</i>	18	Tuesday	11:00 a.m. - 12:00 noon	15 40	Conner \$23
	FA302EX	Chair Yoga - <i>MONDAY</i>	18	Monday	11:00 a.m. - 12:00 noon	15 60	Raymonda \$23
	FA223EX	Chair Yoga - <i>THURSDAY</i>	18	Thursday	12:00 noon - 1:00 p.m.	12 60	Raymonda \$23
	FA648EX	CIZE Live	18	Thursday	9:00 a.m. - 10:00 a.m.	20 50	Conner \$23
	FA649EX	Country Heat	18	Tuesday	9:00 a.m. - 10:00 a.m.	20 50	K Conner \$23
	FA224EX	Gentle Yoga	19	Tuesday	12:00 noon - 1:00 p.m.	12 60	Strama \$23
	FA739EX	Mindful Yin Yoga	19	Tuesday	12:15 p.m. - 1:15 p.m.	15 35	Conner \$23
	FA158EX	Pilates-Yoga Blend	19	Monday	11:00 a.m. - 12:00 noon	15 35	Conner \$23
	FA341EX	Qigong	19	Thursday	11:00 a.m. - 12:00 noon	15 30	Raymonda \$23
	FA246EX	Tai Chi Chuan - Yang Style	20	Thursday	2:00 p.m. - 3:00 p.m.	10 16	Pearce \$23
	FA439EX	Yoga Strength & Stretch - <i>BEGINNER-FRIDAY</i>	21	Friday	11:00 a.m. - 12:00 noon	15 50	Conner \$23
	FA139EX	Yoga Strength & Stretch - <i>BEGINNER-WEDNESDAY</i>	21	Wednesday	11:00 a.m. - 12:00 noon	15 50	Conner \$25
	FA339EX	Yoga Strength & Stretch - <i>THURSDAY</i>	21	Thursday	10:00 a.m. - 11:00 a.m.	15 50	Conner \$23
	FA239EX	Yoga Strength & Stretch - <i>TUESDAY</i>	21	Tuesday	10:00 a.m. - 11:00 a.m.	15 50	Conner \$23
	FA130EX	Zumba Gold - <i>MONDAY</i>	21	Monday	11:00 a.m. - 12:00 noon	15 60	Slacum \$23
	FA330EX	Zumba Gold - <i>WEDNESDAY</i>	21	Wednesday	10:00 a.m. - 11:00 a.m.	15 60	Slacum \$25
<i>Fine Arts</i>	FA118FA	Landscape Painting in Oils & Acrylics <i>No class on Nov. 20-last class Nov 27</i>	22	Tuesday	12:30 p.m. - 2:30 p.m.	5 15	Kopp \$33
	FA122FA	Introduction to Acrylic Painting	21	Thursday	10:00 a.m.-12:00 p.m.	10 15	Mayhew \$41
<i>Life Enrichment</i>	FA910LE	Learning Italian Language & Culture - Level 2	22	Tuesday	9:30 a.m. - 11:30 a.m.	5 20	Perino \$41
	FA902LE	Spanish is Fun!	22	Thursday	9:30 a.m. - 11:30 a.m.	10 25	Grimm \$41
<i>Music</i>	FA100MU	Beginning Piano <i>Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.</i>	23	Wednesday	1:00 p.m. - 2:00 p.m.	5 10	LeBon-Harris \$25

Course #		Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Music	FA401MU	Intermediate Guitar	23	Friday	10:00 a.m. - 11:00 a.m.	6	12	Jankowski	\$23
		Bring your own guitar. Contact instructor with questions; see front dek for contact information.							

### Havre de Grace Senior Activity Center

Computers	HG100CO-PM	Learning to Use the Personal Computer (4 weeks - Oct 3, 10, 17, 24)	15	Wednesday	12:30 p.m. - 2:30 p.m.	2 8	Lelliot	\$45
	HG200CO-PM	Using Social Media - Facebook, Email & You Tube (4 weeks - Nov 7, 14, 21, 28)	15	Wednesday	12:30 p.m. - 2:30 p.m.	2 8	Lelliot	\$45
Dance	HG117DA	Ballroom Dancing	15	Thursday	10:00 a.m. - 11:00 a.m.	10 40	Bollino	\$23
	HG195DA	LaBlast Shape	16	Friday	9:00 a.m. - 10:00 a.m.	6 60	Sastro	\$23
	HG205DA	LaBlast Silk	16	Thursday	10:00 a.m.-11:00 a.m.	10 45	Sastro	\$23
	HG203DA	LaBlast Silk	16	Tuesday	10:00 a.m. -11:00 a.m.	10 45	Sastro	\$25
	HG802DA	Line Dance - Beginner	16	Tuesday	1:00 p.m. - 2:30 p.m.	8 50	Pastelak	\$20
	HG601DA	Line Dance - Ultra Beginner	16	Tuesday	10:00 a.m. -11:00 a.m.	8 50	Pastelak	\$20
Exercise	HG340EX	Beginner 24 Form Taijiquan	17	Tue/Wed/Thur	9:00 a.m. - 10:00 a.m.	10 60	Palmiter	\$5
	HG371EX	Cardio & Strength - Wednesday	18	Wednesday	10:00 a.m. -11:00 a.m.	10 60	Wurm	\$25
	HG604EX	Cardio Toning - Monday	18	Monday	9:00 a.m. - 10:00 a.m.	10 60	Keene	\$23
	HG104EX	Cardio Toning - Wednesday	18	Wednesday	9:00 a.m. - 10:00 a.m.	10 60	Keene	\$25
	HG102EX	Chair Yoga	18	Wednesday	11:00 a.m. - 12:00 noon	10 60	Heimbürger	\$25
	HG160EX	Functional Fitness	18	Wednesday	11:00 a.m. - 12:00 noon	10 20	Wurm	\$25
	HG748EX	Introduction to Classical Martial Arts	19	Tuesday	1:30 p.m. - 3:00 p.m.	4 40	Brill	\$5
	HG847EX	Self Defense for Seniors	20	Tuesday	12:00 noon -1:30 p.m.	4 40	Brill	\$5
	HG844EX	Tai Chi & Qigong Intermediate	20	Thur/Fri	10:00 a.m. - 11:00 a.m.	4 20	Jacobs/McKear	\$5
	HG846EX	Tai Chi & Qigong	20	Mon/Tue/Thur/Fri	11:00 a.m.-12:00 noon	10 75	Matters/Powell	\$5
	HG308EX	Yoga-Monday	21	Monday	10:00 a.m. - 11:00 a.m.	15 65	Newton	\$23
	HG108EX	Yoga - TUESDAY	21	Tuesday	10:00 a.m. - 11:00 a.m.	15 65	Newton	\$25
	HG408EX	Yoga - WEDNESDAY No class on 9/26	21	Wednesday	10:00 a.m. - 11:00 a.m.	15 65	Norwood	\$23
	HG208EX	Yoga - FRIDAY No class on 9/28	21	Friday	10:00 a.m. - 11:00 a.m.	15 65	Norwood	\$21
	HG436EX	Zumba Gold Chair - MONDAY	21	Monday	11:00 a.m. - 12:00 noon	8 45	Sastro	\$23
	HG440EX	Zumba Gold Chair - THURSDAY	21	Thursday	11:00 a.m.-12:00 noon	8 45	Sastro	\$23

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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### Havre de Grace Senior Activity Center (cont.)

	HG130EX	Zumba Gold - MONDAY	21	Monday	10:00 a.m. - 11:00 a.m.	10	40	Mercado	\$23
	HG330EX	Zumba Gold - WEDNESDAY	21	Wednesday	10:00 a.m. - 11:00 a.m.	10	40	Mercado	\$25
	HG130EX	Zumba Gold - MONDAY	21	Monday	9:00 a.m. - 10:00 a.m.	10	65	Wurm	\$23
	HG230EX	Zumba Gold - THURSDAY	21	Thursday	9:00 a.m. - 10:00 a.m.	10	65	Wurm	\$23
<i>Fine Arts</i>	HG 119FA	Beginning Painting & Drawing <i>See front desk for supply list. Cost should not exceed \$25.</i>	21	Monday	10:00 a.m. - 12:00 noon	5	20	Presberry	\$41
<i>Life Enrichment</i>	AB908LE	Conversational Spanish - Intermediate	22	Tuesday	12:30 p.m. - 1:30 p.m.	6	12	Stevens	\$15
<i>Music</i>	HG100MU	Beginning Piano <i>Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.</i>	23	Wednesday	11:00 a.m. - 12:00 noon	5	10	LeBon-Harris	\$25

### McFaul Senior Activity Center

<i>Arts &amp; Crafts</i>	BA133AC	Basket Making for the Beginning Weaver <i>\$26 materials fee payable to instructor. 7 week schedule: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5 &amp; 11/19</i>	14	Monday	9:30 a.m. - 11:30 a.m.	8	16	Sheriff	\$33
	BA134AC	Basket Making for the Intermediate Weaver <i>\$35 material fee payable to instructor. 7 week schedule: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5 &amp; 11/19</i>	14	Monday	12:00 noon - 2:00 p.m.	8	16	Sheriff	\$33
	BA123AC-AM	Knit & Crochet All Levels <i>See class description for list of supplies to bring. Estimated supply cost is \$15-25 to start.</i>	14	Thursday	10:00 a.m. - 12:00 noon	5	20	Hopkins	\$41
	BA123AC-PM	Knit & Crochet All Levels <i>See class description for list of supplies to bring. Estimated supply cost is \$15-25 to start.</i>	14	Thursday	1:00 p.m. - 3:00 p.m.	5	20	Hopkins	\$41
	BA506AC	Knit & Crochet Beginner/Intermediate <i>See front desk for supply list. Supply cost should not exceed \$25.</i>	14	Tuesday	1:00 p.m. - 3:00 p.m.	5	20	Hopkins	\$45
<i>Computers</i>	BA100CO-AM	Learning to Use the Personal Computer <i>Four classes: 10/3, 10/10, 10/17 &amp; 10/24 Please bring a 32 GB flash drive to each class.</i>	15	Wednesday	9:00 a.m. - 11:00 a.m.	4	8	Lelliott	\$45

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
<b>McFaul Senior Activity Center (cont.)</b>							
	BA200CO-AM	Using Social Media-Facebook, Email and YouTube <i>Four classes: 11/7, 11/14, 11/21 &amp; 11/28</i> <i>Please bring a 32 GB flash drive to each class.</i>	15	Wednesday	9:00 a.m. - 11:00 a.m.	4 8	Lelliott \$45
	BA122CO	User Basics for Apple Iphone Owners Level 1 - <i>8 week class: 10/8, 10/15, 10/22, 10/29, 11/5, 11/19, 11/26 &amp; 12/3</i>	15	Wednesday	1:30 p.m. - 2:30 p.m.	5 10	Erline \$30
<i>Dance</i>	BA123DA	Basic Tap Dance - Level 1	15	Wednesday	12:00 noon - 1:00 p.m.	6 15	Erline \$25
	BA301DA	Line Dance 1	16	Wednesday	9:30 a.m. - 10:30 a.m.	10 60	DeAngelis \$25
	BA605DA	Line Dance 2 & 3	16	Wednesday	10:45 a.m. - 11:45 a.m.	10 60	DeAngelis \$25
	BA698DA	Stretch & Tone Barre	16	Monday	10:15 a.m. - 11:15 a.m.	5 14	Erline \$23
<i>Exercise</i>	BA155EX	Ageless Grace	17	Wednesday	11:00 a.m. - 12:00 noon	5 25	Raymonda \$25
	BA194EX-B	Better Posture/Better You (1 Class 11/19)	17	Monday	12:30 p.m. - 2:30 p.m.	2 4	McDaniel \$25
	BA194EX-A	Better Posture/Better You (1 Class 10/8)	17	Monday	12:30 p.m. - 2:30 p.m.	2 4	McDaniel \$25
	BA231EX	Body Tone (no class 10/31 - early voting)	17	Wednesday	10:00 a.m. - 11:00 a.m.	10 65	S McDaniel \$23
	BA471EX	Cardio & Strength (no class 10/25 & 11/1 - early voting)	17	Thursday	10:15 a.m. - 11:15 a.m.	10 65	Willis \$19
	BA271EX	Cardio & Strength	17	Tuesday	10:15 a.m. - 11:15 a.m.	10 65	Willis \$25
	BA304EX	Cardio Toning (no class 10/26 - early voting)	18	Friday	9:00 a.m. - 10:00 a.m.	10 65	McDaniel \$21
	BA804EX	Cardio Toning with Core (no class 10/25 & 11/1 - early voting)	18	Thursday	9:00 a.m. - 10:00 a.m.	10 90	Svoboda \$19
	BA704EX	Cardio Toning with Core (no class 10/30 - early voting)	18	Tuesday	9:00 a.m. - 10:00 a.m.	10 65	Svoboda \$23
	BA118EX	Classic Cardio (no class 10/29- early voting)	18	Monday	9:00 a.m. - 10:00 a.m.	10 65	McDaniel \$21
	BA218EX	Classic Cardio (no class 10/31- early voting)	18	Wednesday	9:00 a.m. - 10:00 a.m.	10 65	McDaniel \$23
	BA305EX	CSR (Core, Stretch, Relax) (no class 10/29- early voting)	18	Monday	10:00 a.m. - 11:00 a.m.	10 65	McDaniel \$21
	BA191EX	Functional Movement (no class 10/26- early voting)	18	Friday	11:00 a.m. - 12:00 p.m.	10 65	McDaniel \$21
	BA132EX	Gentle Aerobics/Yoga Combo (no class 10/29- early voting)	18	Monday	11:00 a.m. - 12:00 p.m.	10 65	McDaniel \$21
	BA133EX	Gentle Aerobics/Yoga Combo (no class 10/31- early voting)	18	Wednesday	11:00 a.m. - 12:00 noon	10 65	McDaniel \$23
	BA502EX	Gentle/Chair Yoga (no class 10/21- early voting)	19	Monday	12:00 noon - 12:30 p.m.	10 50	McDaniel \$13
	BA159EX	Hatha Yoga (no class 10/26- early voting)	19	Friday	10:00 a.m. - 11:00 a.m.	10 65	McDaniel \$21
	BA748EX	Introduction to Classical Martial Arts	19	Thursday	2:00 p.m. - 3:30 p.m.	4 25	Brill \$5
	BA847EX	Self Defense for Seniors	20	Thursday	12:30 p.m. - 2:00 p.m.	4 25	Brill \$5
	BA303EX	Senior Circuits	19	Monday	9:00 a.m. - 10:00 a.m.	10 65	Svoboda \$23



Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
<b>McFaul Senior Activity Center (cont.)</b>							
	BA326EX	Sit & Stretch	20	Tuesday	11:30 a.m. - 12:30 p.m.	10 50	Willis \$25
	BA325EX	Sit & Stretch PLUS	20	Thursday	11:30 a.m. - 12:30 p.m.	10 50	Willis \$23
	BA235EX-A	Small Group Training (Four classes: 11/2, 11/9, 11/16 & 11/30)	20	Friday	12:00 p.m. - 1:00 p.m.	3 4	McDaniel \$45
	BA235EX-B	Small Group Training (Four classes: 10/5, 10/12, 10/19 & 10/26)	20	Friday	12:00 p.m. - 1:00 p.m.	3 4	McDaniel \$45
	BA946EX	Taijiquan - Advanced	20	Monday	8:45 a.m. - 9:45 a.m.	4 25	Martinez \$23
	BA198EX	Traditional Yang Tai Chi Chuan - Beginner/Intermediate	20	Friday	9:00 a.m. - 10:00 a.m.	4 25	Martinez \$23
	BA197EX	Traditional Yang Tai Chi Chuan - Beginner/Intermediate	20	Tuesday	9:00 a.m. - 10:00 a.m.	4 25	Martinez \$25
	BA508EX	Yoga (no class 10/25 & 11/1 - early voting)	21	Thursday	10:15 a.m. - 11:15 a.m.	10 65	Norwood \$19
	BA108EX	Yoga (no class 10/30- early voting)	21	Tuesday	10:15 a.m. - 11:15 a.m.	10 65	Norwood \$23
	BA230EX	Zumba Gold (no class 10/25 & 11/1 - early voting)	21	Thursday	11:30 a.m. - 12:30 p.m.	10 50	Privett \$19
	BA631EX	Zumba Gold Toning (no class 10/30- early voting)	21	Tuesday	11:30 a.m. - 12:30 p.m.	10 50	Privett \$23
<i>Fine Arts</i>	BA118FA	Landscape Painting in Oils & Acrylics See front desk for supply list. Start up costs approx. \$50-\$60 if you have no supplies.	22	Monday	10:00 a.m. - 12:00 noon	5 15	Kopp \$41
	BA116FA	Oil Painting for All Levels See front desk for supply list. Start up cost approx. \$100 if you have no supplies.	22	Friday	10:00 a.m. - 12:00 noon	8 10	Elgin \$41
	BA115FA	Pastel Drawing and Painting See front desk for supply list. Start up cost approx. \$50-\$60 if you have no supplies.	22	Friday	1:00 p.m. - 3:00 p.m.	8 10	Elgin \$41
<i>Music</i>	BA601MU	Introduction to Ukulele - Students must bring Ukulele (Soprano, Concert or Tenor to class)	23	Tuesday	9:00 a.m. - 10:00 a.m.	8 12	Jankowski \$25
	BA101MU	Beginning Piano Students must bring their own keyboard (39, 61, 76 or 88 keys), adapter, headphone & stand. Bring book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.	23	Friday	9:00 a.m. - 10:00 a.m.	5 10	LeBon-Harris \$23

### Norrisville Senior Activity Center

<i>Exercise</i>	NR108EX	Yoga	21	Tuesday	9:00 a.m. - 10:00 a.m.	10 25	Wachter \$25
	NR634EX	Zumba Gold Toning	21	Friday	9:15 a.m. - 10:15 a.m.	10 50	Slacum \$23

## Class Descriptions

**PLEASE NOTE:** This is a NOT a comprehensive list of all classes offered throughout the Senior Center Division over the course of the year. This list is the list of courses that are offered in the 10-week SUMMER 2018 class session. Please see the class listing to confirm what is being offered this session at each location.

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## Arts & Crafts

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### Basket Making-Beginning Weaver

This class will focus on learning basic weaving basics. Participants will have an opportunity to put their weaving skills to use by weaving several baskets. Participants can express their creativity using different dyed reed. Supply fee payable to instructor.

### Basket Making-Intermediate Weaver

This class will focus on learning more complex basket weaving elements. Participants will design their own weaving patterns for their baskets and will have the opportunity to work with several sizes and shapes. Different weaving materials will be introduced. Participants will be encouraged to use their creativity. Supply fee payable to instructor. Prerequisite: Basket Making-Beginning Weaver.

### Basket Making-Advanced Weaver

The instructor will facilitate and work together with participants to weave new, complex baskets. Some homework may be required between classes. New shapes, rim techniques, and unusual materials will be covered. Supply fee payable to instructor. Prerequisite: Basket Making-Intermediate Weaver.

### Crocheting for Beginners

Learn to make three dish clothes, each with a new stitch. After learning the basics, learn the granny square and other projects. Bring G & H crochet hooks, cotton, worsted-weight yarn in your choice of colors and scissors.

### Knit & Crochet All Levels

This class can take you from a beginner to an experienced knitter or crocheter. Learn new stitches, patterns and joining as well as new cast on and bind off methods to use, depending on their purpose in your patterns. Learn basic as well as advanced stitches, how to change the gauge of a pattern and how to use different weights of yarn for the same project. New patterns and methods will be offered throughout the course. Everyone works at their own pace and advances when they are ready. Experienced knitters and crocheters can bring their own pattern if they prefer. Students will need to bring light colored yarn, #4, #5 or #6 weight, and knit or crochet needles in appropriate size.

### Knit & Crochet Beginner/Intermediate

An experienced instructor will help you develop your knit or crochet skills. Beginners will learn the basic skills needed to successfully complete a simple cotton dishcloth and will then work on another easy project with patterns provided. Intermediate students will be guided in a project of their choice, learning new skills as they progress. Some patterns are provided, but use of your own patterns is encouraged.

### Machine Quilting 1

Class is for beginners and those wishing to learn new patterns. Project: Seasonal quilt in a size of your choice. Bring personal sewing machine.

### Machine Quilting 2

This class is for beginners as well as those who would like to learn new skills and who enjoy quilting with others. We will be making a fun table runner or small wall hanging. Participants must bring sewing machines to class.

## Wild Fowl Carving & Painting

Students will carve from wood and paint various types of wildfowl; projects vary. Supplies needed will include wood file, knife, sandpaper, pencil, paper, paints, brushes and other tools depending on carving piece. Contact instructor for supplies prior to class.

## Computers

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### User Basics for Apple iPhone Users - Level 1

This class offers an overview of basic cellular technology, terminology (i.e., Bluetooth and roaming) and secure practices. This class will review icons used, apps, layers and types of touch screen functions and types of internet connections (data vs. WiFi). Finding and changing settings like larger text or brighter screens will be taught as well as how to create, check, and delete contacts, voice mail, email and text messages. Learn what roaming, cellular data usage and automatic downloading are, as well as how to control them.

### Learning to Use the Personal Computer

In this class, we will familiarize you with the component parts of the personal computer and to introduce the software tools that make it useful in everyday life. You will:

- Learn to identify hardware, types of software and peripherals of the Personal Computer
- Learn to use the Windows Operating System
- Learn to access the Internet and learn the purpose of the most common application software

### Using Social Media - Facebook, Email and YouTube

This class will familiarize you with the safe and strategic use of the most popular social media platforms. You will create and use a personal email account, then create a Facebook account, connect with friends, family, schoolmates and follow your favorite people. Learn basic safety and security while using social media.

## Dance *(See Fitness Class Symbols Key on Page 6)*

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### Ballroom Dancing

Join us and learn the basic steps and rhythms of several social ballroom dances. Learn about dance patterns, timing and how to lead and/or follow.

### Basic Tap Dance – Level 1 OR

A basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used.

### Basic Tap Dance – Level 2 OR

A basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used. This class is for anyone who has already taken 1 or more semesters of Tap Dance.

### Cardio Dance for Active Seniors

Warm-up, workout, strengthen, and cool-down using music and choreographed aerobics. Class will include a balanced combination of rhythmic limbering exercise and static stretches. Aerobic workout will include standardized dance steps choreographed for fun to improve the cardiovascular system and strengthen the upper and lower body. Strengthen legs, hips, buttocks, abdominals, and lower back as well as upper body strengthening for shoulders, chest, and arms.

Cool-down to lower the heart rate for a comfortable level to begin stretching exercises. Strength training and toning will be done from the seated or standing position. Bring a bottle of water to class.

### **LaBlast Shape**

LaBlast Shape is a multi-level interval based cardio workout that uses several dance styles, including ballroom dancing. Build strength, improve endurance, and up the calorie, the fun, blasting energy dance fitness format based on TV's "Dancing with the Stars" that combines low to mid impact cardio, core and total body conditioning. In our SHAPE format, participants will be enjoying dances like Tango, Samba, Merengue and many more with weight training and chair modification segments. These sneaky seated moves offer a total-body cardio and strength workout. The small-range-of-motion exercise is great for firing up the inner thighs, glutes, and triceps. LaBlast Shape will help increase caloric burn, eliminates boredom and makes participants feel satisfied physically, mentally and emotionally.

### **LaBlast Silk**

Ease into fitness with LaBlast SILK, the partner free dance/fitness format based on TV's Dancing with the Stars. LaBlast is simple and fun! The class allows every participant from all fitness levels and dance backgrounds to gradually build strength and stamina with easy-to-follow, stress free patterns and low impact. This workout in disguise will get you moving to dances like the Jive, Lindy hop, Salsa, Quickstep, Paso Doble, Belly Dancing, Flamenco, Waltz, and many more. Awaken your expressive self with some of the best dance tracks selected from around the world. (Use same symbols for level of activity as Cardio Core Dance.)

### **Line Dance Intermediate**

This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Prerequisite: know Basic line dance steps.

### **Line Dance - Beginner**

This class offers beginner line dance instruction. This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor will be needed; sneakers are best.

### **Line Dance – Ultra Beginner**

We will learn all of the basic steps involved in line dancing. We will do ultra-beginner dances only, taking time to help individuals who are having trouble with some of the steps. Some dances consist of 16, 24 and 32 steps. We will start with 16-step dances and work up to 24 slowly.

### **Line Dance 1**

If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure – just fun! Line dance is a great way to exercise the body and mind while moving to the beat of the latest hits and favorite oldies music, too. Start off by learning basic steps and very easy dances for the first three (3) weeks. The dances get a little more difficult as the weeks go by, but you learn by constant repetition.

### **Line Dance 2 & 3**

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We will combine Line Dance 2 and 3 and find our dance comfort zone. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music, and more. Come join the fun while enjoying great music and learning well choreographed moves. Prerequisite: Line Dance 1 or previous line dance experience.

### **Line Dance Low Intermediate**

This class offers low intermediate line dance instruction. This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor will be needed; sneakers are best. Prerequisite: Line Dance 1 or previous line dance experience.

### **Stretch & Tone Barre**

This is a class of basic dance and exercise movements, while holding onto a barre or chair for stability, focused on engaging the entire body in a toning and stretching workout to fun and funky music. The class begins with a warm-up of basic dance steps and exercises with light weights, then adds a few moderately challenging strength exercises. The class finishes with stretching for the arms and legs as well as the core. Class requires standing the entire time.



## Exercise *(See Fitness Class Symbols Key on Page 6)*

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### Ageless Grace

This is a fitness and wellness program of 21 Simple Tools for Lifelong Comfort and Ease. The practice of Ageless Grace promotes the "Three R's", the ability to respond, react, and recover efficiently and safely. Designed for all ages and all abilities, Ageless Grace emphasizes a variety of anti-aging techniques such as joint mobility, spinal flexibility, right-left brain coordination, core strength, bone density, kinesthetic learning, cognitive functioning, systemic health, balance, fall prevention, self-esteem, confidence and playfulness. The techniques are designed to be practiced in a chair to lively and familiar music. You will get a good workout, stimulate your mind, and have a very good time!

### Beginners 24 Form Taijiquan

A short form of ancient Chinese Martial Art used as a learning tool to get students familiar with Taijiquan movements without having to memorize a long list of movements.

### Better Posture / Better You (Lecture)

Why not take time to educate yourself on how your body is designed and moves? This lecture is designed to teach you ways to improve your posture and help with everyday movements. Learning to activate the core muscles and breathe properly plays a huge role in keeping you safe and injury free. Proper form and technique are the keys to a healthy life.

### Body Conditioning & Training

Train for an effective body-conditioning workout. Learn proper form when using hand weights, body bars, balls, etc. All routines choreographed with music. Strengthening segments will be followed by a stretch sequence for a more enjoyable workout. All exercises will be done standing or on the mat. Bring a mat to class.

### Body Conditioning & Training - Beginner OR

Train for an effective body-conditioning workout. Learn proper form when using hand weights, body bars, balls, etc. All routines choreographed with music. Strengthening segments will be followed by a stretch sequence for a more enjoyable workout. All exercises will be done standing or in the seated position. No mat required.

### Body Tone

This is a fun and exciting way to gain strength and improve muscle endurance. Upbeat songs are choreographed to target each specific muscle group. Includes a cool down and stretch to improve flexibility. Bring hand weights and a mat.

### Cardio & Strength

Low impact, fun choreographed workout with high energy music focusing on strength, balance and coordination. No twisting or jumping involved.

### Cardio Intervals

Metabolic circuit training helps to elevate your metabolic blueprint. Performing intervals of cardio and strength training is twice as effective as regular exercise. Improve your strength and endurance while creating a higher metabolism which burns calories for hours after class ends. All equipment will be provided by the facility.

### Cardio Tone OR

This class combines choreographed dance intervals and toning intervals. Students must bring their own light weights and a smile. Participants can work to an intermediate or advanced level. The class concludes with ab work and a cool down. Stretch on a mat or in a chair.

### Cardio Toning OR

This class combines low impact cardio interval and strength/toning training. Improve your strength and endurance while increasing metabolism to burn fat. Students MUST bring their own light weights and a smile! ALL EXERCISES ARE DONE STANDING – NO FLOOR WORK REQUIRED. Participants can work to an intermediate or advanced level.

### Cardio Toning with Core OR

Everyone works at their own level; alternatives are constantly offered for the cardio and toning. Light hearted atmosphere with "Oldies" music. Students are encouraged to increase range of movement and be aware of posture at all times. Fun and motivating. Must be able to stand and walk. Using a chair during the exercises is available if needed. Bring 3-5 lb. hand weights.

### Chair Cardio-Sit & Get Fit

Exercises will be done in seated and standing positions. Chair cardio can benefit anyone looking for a safe beginning into the fitness arena, working up to more intense exercise. Chair cardio improves overall heart health using upper and lower body exercises. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with emphasis on real life situations such as reaching, rising out of a chair or car seat, etc. Proper form will be discussed when reaching, rising, bending, etc. to avoid injury. Strength training and cooling will be included. Music will be used during cardio and stretching; students may come dressed in comfortable clothing; gym clothing is not needed.

### Chair Yoga

Think you can't do yoga? Try this! Practice yoga in a manner that is slow paced, gentle and supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Simple and safe methods of increasing both flexibility and strength will be offered. Wear comfortable layered clothing and sneakers, and get ready to connect with your body. Please bring a strap and small towel to class.

### CIZE Live

A music inspired cardio-based dance class, CIZE Live will have you bustin' out full dance routines while gaining cardiovascular conditioning, core strengthening and overall muscle tone. Designed for everyone, you'll be stepping, swerving and clapping to this energetic, professionally choreographed class combining dance, strength training, and cool-down stretches. Modifications of each exercise are presented so that participants can follow along at a comfortable pace for each individual. Let's Dance!!

### Classic Cardio OR

Have a FUNtastic experience exercising to the songs you know and love. Low impact cardio conditioning uses simple moves such as grapevine and mambo at a tempo that will enable you to be successful yet challenged enough to elevate the heart rate. Bring a mat for abdominal and stretching exercises at the end of class.

### Country Heat

A high energy, low impact country dance-inspired fitness program, Country Heat is such fun that you won't feel like you are working out! Each dance routine is packed with easy-to-follow moves set to lively country music – all you have to do is follow. Modifications of each exercise are presented so that participants can follow along at a comfortable pace for each individual. This class combines dance, strength training and cool-down stretches. Let's Giddy Up!

### CSR (Core, Stretch, Relax) OR

Most people do not realize the need for Core Strengthening and Muscle Stretching as we age. This class is designed to maintain Strength within the Core, while focusing on the elements of stretch and relaxation. A great class on its own, or perfect after a cardio or weight class. You will need to bring a yoga mat. Advice will be offered on the best techniques for getting up and down off the floor.

### Functional Fitness

Do you like to exercise? Unless you're an athlete, you probably answered "no" to that question. Most of us would say we exercise to improve our quality of life. This muscle toning class focuses on core strength using a variety of equipment. Body sculpting and toning are offered while incorporating exercises that work the core and help challenge balance while also decreasing body fat and improving overall health.

### Functional Movement

This class focuses on strength, stretching, flexibility, posture, range of motion, and coordination. Notice improvement in your overall health and mobility. Optional ten minutes of standing. Ending with relaxation is the perfect way to quiet and balance the mind and body.

### Gentle Aerobics & Yoga Combo OR

This class is the perfect combination of Cardio and Yoga. The music is held at a pace for all to feel successful. The class ends with gentle and beneficial yoga poses, seated in a chair, or standing with assistance of a chair.

### Gentle Chair Yoga 🪑🕐★ OR ★★

This unique program increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Moving through poses seated in the chair, or standing (using the chair for assistance) can provide great reward for both your body and mind! Participants can work at an intermediate OR advanced level.

### Gentle Yoga ❤️★

This class is open to all levels of practice and ability. The class focuses on basic yoga poses, how to modify the poses and how to connect them through breath, alignment and mindfulness. Therapeutic in nature, this class will help you gain flexibility, strength and balance as you move through the poses at a slower pace. Meditation and relaxation techniques encourage stress reduction and overall well-being. Perfect for beginners. Participants must be able to get up and down from the floor unassisted. A yoga mat is required.

### Gentle Yoga and Meditation 🕐★

Students will practice gentle yoga and breathing techniques with pauses to notice feelings and connections between their mind, body, and spirit. Students will also be introduced to meditative techniques after asana (poses) and pranayama (breathing exercises) have prepared them. A relaxed body will lead to a relaxed mind. Students must be able to attain a standing position from the floor.

### Hatha Yoga 🕐★★★ OR ★★

Modern yoga is practiced to promote good health and wellbeing. Using breath to move you in and out of poses will help improve flexibility, balance, and strength. Students are encouraged to work at their own level and "Honor Your Body". Participants must be able to get up and down from the floor. Please bring a mat. Blocks and straps are suggested.

### Introduction to Classic Martial Arts 🕐★

This traditional martial arts training is tailored to seniors and provides an opportunity for the older adult to study classical Asian martial arts without throws, falling, high kicking, leg sweeps, etc. Exercises can be done at your preferred level and ability. Wear loose-fitting clothing and footwear with non-slip soles. Karate gi (uniform) is optional. Please do not wear jewelry during class.

### Mindful Yin Yoga 🕐★ OR ★★

Mindful Yin Yoga is a slow-paced, passive style of yoga practice which can alleviate pain and help to relieve tightness in your hips, pelvis, inner thighs and lower spine. In a Yin practice, you are not concerned with alignment or activation of muscles, but rather you are focused on relaxing in the pose. Your practice will bring awareness to your body and is the perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat. Suitable for almost all levels of students.

### Partner Yoga 🕐★★

If you are looking for a way to heighten your individual yoga practice, consider this approach, Partner Yoga. Partners are fully engaged in their own experience, each with their own clear role of support for the other. Relying on each other to maintain balance, alignment and focus, you will be able to try and create new poses and find deeper expressions of familiar poses.

### Pilates Yoga Blend 🕐★★

Pilates is great for creating long, lean muscle. Yoga gives you strength, balance, and flexibility. This revolutionary blend of Yoga and Pilates combines movement within both disciplines adding the element of functional fitness to build core strength. Bring a yoga mat to class.

### Qigong 🕐★★

This class is tailored for the beginning student. Qigong (pronounced, chee-gong) is an ancient Chinese health method that combines slow, graceful stationary movements with mental concentration and breathing to increase and balance a person's vital energy. Requiring no special equipment, Qigong exercises are simpler than Tai Chi and can be done either sitting or standing. Stretch and lengthen your muscles, increase your breathing capacity, lubricate and preserve your joints, all while relaxing the mind into a single focus. Please bring a notebook and pen. \$3 fee for handouts payable to instructor.

### Senior Circuits 🪑★★★ OR ★★

Increase strength, stamina and flexibility using 8-10 exercise stations set up to work different muscle groups. Move from station to station with a goal of completing 1-20 repetitions in a 30-60 second time interval (alternatives will be offered), with a short rest in between. This class allows students to work at their own ability level and has a seated option.

### Self Defense for Seniors 🕐★ OR ★★

Apply personal awareness techniques with everyday life to avoid confrontational conditions with potential assailants. Practice basic blocks, strikes and locks, using reasonable force to protect oneself. Instruction will be based on level of experience.

### Sequencing Yoga and Mindfulness 🕐★

Students will begin and end each class with a mindfulness activity that can be used in everyday life to promote a peaceful, less stressful life. Class will consist of gentle yoga sequences; most classes will be either a standing sequence or a floor sequence. Students must be able to get up and down off the floor.

### Sit & Stretch 🪑★

Exercise safely from a chair with a choreographed workout using fun energetic music. Focus on strength, stretching and coordination

### Sit & Stretch PLUS 🪑★🔊

Exercise safely from a chair with choreographed movements to fun, energetic music. Focus on strength, stretching and coordination. Participants have the option to stand during a few songs. Weights are optional; please bring your own to class.

### Small Group Training

This class meets in the fitness room for four consecutive weeks. Students will learn proper alignment and technique with various fitness equipment. Each participant gets a personalized chart for their workout. Limited to 4 participants.

### Steppers ❤️🔊★★

Steppers Exercise is a mid-range exercise program designed to improve overall balance, endurance, cardio-vascular health, mental clarity, and boost energy levels and flexibility. It helps tone muscles and enhance joint strength. "Step up" to overall fitness while stepping to the beat of music and reaping the benefits of working with light weights. Must be able to move rapidly to music on foot for 30 minutes and lift 2-3 lb. weights. Please bring your own weights.

### Tai Chi & Qigong 🕐★★

Exercise without strain or pain while learning low impact Ancient Chinese Tai Chi forms and QiGong exercises to increase muscle strength and aerobic capacity. Benefits to overall health, when performed regularly, include: decreased stress/anxiety, increased energy, stamina, flexibility, and balance.

### Tai Chi Chuan - Yang Style 🕐★★ OR ★★

Students will be taught the elemental principles of Tai Chi Chuan, form choreography, and breath coordination in order to realize the potential of Tai Chi Chuan exercise to improve balance, mobility, and energy levels. Instruction will include both seated and moving Taoist Qigong warm-up exercises which are used to help stretch the limbs and chest cavity for a more flexible body. There will be a variety of drills to assist in muscle toning and in gaining an understanding of the body's balance boundary as well as effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.

### Tai Chi & Qigong Intermediate 🕐★★ OR ★★

Participants will practice Tai Chi classical yang style with special emphasis on balance, flexibility and strength improvement by performing Tai Chi postures. We will use proper breathing techniques to improve internal energy that will in turn will improve general health. Prerequisites for this class is at least one year of Tai Chi.

### Taijiquan Advanced 🕐★★

This class is designed for those at various levels of fitness. With attention to safe alignments, this hour of yoga will help joint stability and mobility and improve posture. Various standing and seated postures will be taught, with modifications when possible. You must be able to get up and down off floor on your own. Please bring a yoga mat and block or extra props to accommodate structural issues.

### Traditional Yang Tai Chi Chuan - Beginner to Intermediate

🕐★ OR ★★

Using Chi Kung (Qigong or Energy Work) with Tai Chi Chuan (T'ai chi ch'uan/Taijiquan/Grant Ultimate Boxing), and the Yang Tai Chi Long Form as a framework, participants will examine postures of the Yang Tai Chi Long form, their relationship to each other and the nature of the energies they exhibit. The Long Form will be taught in six sections with a goal of setting a 29 minute optimum duration and pace for the entire form. Students should wear loose fitting clothes and flat soled shoes (not running shoes). Cross trainers or court shoes are preferred. Instructor can provide suggestions and refer students to sources.

### Traditional Yang Tai Chi Chuan - Basic 🕐★ OR ★★

Students will be taught the principles of taijiquan, form choreography, and breath coordination in order to realize the potential of taijiquan exercise to improve balance, mobility, and energy levels. Instruction will include qigong warm-up exercises taken directly from internal Chinese martial arts systems which are used for building, storing, and improving the expression of qi (internal energy).



## Yoga OR

This class is designed for those at various levels of fitness. With attention to safe alignments, this hour of yoga will help joint stability and mobility and improve posture. Various standing and seated postures will be taught, with modifications when possible. You must be able to get up and down off floor on your own. Please bring a yoga mat and block or extra props to accommodate structural issues.

## Yoga Strength & Stretch

Class incorporates movement with breath to improve range of motion, flexibility, and overall strength. Postures will focus on proper alignment for a safe yoga practice. Modifications will be provided. Bring a yoga mat to class.

## Yoga Strength & Stretch Beginner

Class will be taught in the standing or seated position incorporating movement with breath to improve range of motion, flexibility, and overall strength. Postures will focus on proper alignment for a safe yoga practice. Chairs will be used so the student will not get down on the floor. Bring a yoga mat to class.'

## Zumba™ Gold

The Zumba Gold classes are specifically designed for active seniors as well as those participants who may not be ready for full Zumba. Zumba Gold still uses the same concept of original Zumba by incorporating exciting Latin and international dance rhythms. Some of these dances include Merengue, Salsa, Cha Cha, Cumbia, and Belly Dancing. It will guarantee a full body workout but the exercises are modified for success and safety. Students should wear dancing shoes or dance socks to go over sneakers, to allow sliding..

## Zumba™ Gold Chair

The Zumba Gold Chair program is designed for the older adult population, those with limited range of motion, physical limitations or wheelchair bound. Classes aim to help individuals maintain their functional skills and attune them to their body responses while learning easy choreography movements. Students with problems standing or using a walker or wheelchair may benefit from this class. Zumba toning sticks are available for purchase from the instructor, but are NOT required.

## Zumba™ Gold Toning

Learn how to combine spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercise makes this an effective total body workout that can improve balance, posture, coordination and help prevent osteoporosis. Bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor.

## Fine Arts

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### Basic Drawing

Experiment with drawing a variety of objects using numerous materials (pencil, colored pencil, pastel, markers). Learn techniques to make objects appear lifelike, 3-dimensional, hard, soft, or fluid. Guidance will be given on using color to create an illusion. Supply fee paid to instructor.

### Beginning Painting & Drawing

Students will be introduced to painting and drawing, learning color theory, and will enjoy the class. All instruction will be very easy for beginners. This is an exciting class that you will enjoy. A supply list will be provided during class registration.

### Intermediate Drawing

Building on experiences from beginning drawing, intermediate drawing will include exercises in developing imagination to break from the restrictions of copying a photographic image. This should give the student confidence to produce more free flowing drawings. We will go over the rules of perspective and composition, followed by relevant exercises. We will also begin drawing the human body, focusing on specific body parts such as hands, feet, parts of the face and hair. Students will use themselves as models. Supply fee paid to instructor.

### Introduction to Acrylic Painting

Students will learn to paint with acrylic paints, which are more forgiving and easier to use than watercolor or oil painting. Students will learn to use colors and textures and will create their own unique and creative products. Beginners are very welcome. See font desk for supply list. Startup costs are approx. \$50 to \$60 if you have no supplies.

## Landscape Painting in Oils and Acrylics

A realistic landscape painting can bring life to a favorite place or create a serene retreat from various elements of nature. Nurture your appreciation for the splendor of the great outdoors while acquiring the fundamental principles of landscape painting, such as composition how to mix color. Express your inner creativity and explore interpretations of landscape by other artists. See front desk for supply list. Note: Start-up supply costs can run \$50-60 if you do not have your own supplies.

## Oil Painting for All Levels

Oil painting is considered the most versatile of the painting mediums in regard to the blending of colors. In this course, students will explore the many possibilities in the blending of different oil colors. They will be required to complete at least three different paintings that will cover areas from tonal value to color mixing. Instruction will include layout, perspective, using light and shadow to create depth and focus on the primary subject of the work of art. See front desk for supply list. Note: Start-up supply costs can run up to \$100 if you do not have your own supplies.

## Pastel Drawing and Painting

Drawing is the basic of art. Every good painting starts with a concept drawing. Students will learn how to control the mediums of graphite, charcoal and pastel pencils and sticks to create fully developed drawings. The class will help students learn the skills to control line, shape and form working from general concept to fully developed drawings. Students will work from still life items. The instructor will provide demonstrations in graphite, charcoal, and pastels to show how students can develop beautiful drawings. Instruction will include layout, perspective, light, and shadow to create depth and focus on the primary subject of the work of art. Supply list at front desk. Note: Start-up supply costs can run \$50-60 if you do not have your own supplies.

## Life Enrichment

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### AHA CPR/AED Training

If a family, friend, or infant in your care had a cardiac or first aid emergency in your presence, could you recognize the signs and respond quickly and appropriately? Less than one-third of sudden cardiac arrest victims are administered immediate CPR from bystanders. The American Heart Association's CPR & AED learning program helps increase survival rates by training people just like you to respond quickly. Four to six minutes is the window of opportunity for someone to act

before it is too late. Learn the proper procedure to take in the event of a life-threatening event. Recognize the signs and administer lifesaving CPR taught by a certified AHA/CPR/AED instructor. (Note that the intent of this workshop is not to provide certification or recertification for the participant.)

### Conversational Spanish - Intermediate

This class will help students learn to pronounce, read, comprehend, and engage in basic Spanish conversation. Prerequisite: Student must have understanding of some basic Spanish.

### Introduction to Reflexology, Mindfulness and Meditation

The first portion of every class will be devoted to Reflexology sharing, and learning and understanding the various trigger points in the feet, hands, and ears. The balance of the class will be devoted to learning and practicing various aspects of meditation, including how to use mindfulness to improve focus and general wellness.

### Learning Italian Language and Culture with Fun - Level 1

This introductory course will provide the basics of the Italian language, enabling students to understand simple written and spoken Italian. Students will acquire "survival skills" essential to traveling in Italy and will have fun learning about the Italian culture, food, songs, art and history. Textbook required: ***Italiano Essenziale 1 Fundamental of Italian*** – Maria/Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.

### Learning Italian Language and Culture with Fun – Level 2

After learning the basics, keep practicing the Italian language in a fun, relaxed and engaging environment. We will work together on grammar that is more complex, reading easy books; listening to songs; sharing recipes...you name it! Textbook required: ***Italiano Essenziale 2 Fundamental of Italian*** – Maria/Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.

### Spanish is Fun!

Learn beginning Spanish language and gain cultural insights while familiarizing yourself with vocabulary in a fun, easy to learn way. Use the Internet during each class, so bring your laptop, IPAD, or other device with you as we journey through the language and traditions of Spanish culture. Using the computer program Quizlet, you'll be able to practice the vocabulary with flashcards and a couple of games on this program. Textbook required: ***Spanish Is Fun*** - Haywood Wald & Lori Langer de Ramirez, fifth edition, book 1.

## Understanding and Dealing with Your Stress

This introductory class will retrain your brain. It will help you understand the causes of stress, allow you to reduce stress and even help you learn how to make stress work for you. The class format will be an interactive forum of class discussions and activities.

## Music

### Beginning Piano

The beginning piano class is a group lesson (students will be taught as a group). Keyboards will be used instead of a piano. Students must bring their own keyboard (39, 61, 76 or 88 keys), adapter, and headphones. You may need a stand depending on the class location. The book *Older Beginner Piano Course* by James Bastien will be used for class. Contact the instructor with any questions; please see the front desk for contact information.

### Introduction to Ukulele

Learn to play the ukulele using a combination of Hal Leonard Method Book 1 and popular songs picked by the class. At the end of the class the student should be able to play most popular songs, how to read and understand basic music notations, how to construct common frequently used chords, strumming patterns, and basic music theory. Students will also get a chance, strictly on a voluntary basis, to perform songs during each class.

### Intermediate Guitar

This next level of playing guitar will build upon the lessons of the Guitar Beginning Class. We will learn some more complex chords and basic Blues Pentatonic Scales for use in improvisational guitar playing. Students will also learn additional music theory that will allow them to understand song structure. Prerequisite: Student must know open chords and understand basic tablature reading.

### Performance Guitar

Students will build upon current skills to learn how to construct simple lead guitar patterns, convert simple songs into richer sounding chord melodies and how to use musical theory and scales to compose songs or improvisations on songs. Individual and group performance, on a voluntary basis, will be encouraged. Prerequisite: students should be familiar with open chords, basic barre chords and simple strum patterns.

**STAY CONNECTED...  
STAY INFORMED...  
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## EMERGENCY NOTIFICATION SYSTEM

This system provides Public Safety officials the ability to send vital emergency messages to all affected residents and businesses within a matter of minutes. Notifications may include severe weather, imminent flood warnings, missing persons, and other important information that can help ensure the safety of the citizens of Harford County. This new technology will also enable Harford County to send voice or text messages to cell phones, PDA, e-mail accounts, and TTY/TDD for the hearing impaired. Although all publicly available residential and business telephone numbers have already been automatically entered into the system, County officials are urging citizens and business owners to add unlisted telephone numbers, cell phone numbers, and email addresses by registering for free at [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org) and clicking on

**ONE-STEP NOTIFICATION**

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**Additional information is available  
at [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org) or by contacting  
Emergency Operations at 410-638-4029.**



# HARFORD

## COUNTY

BARRY GLASSMAN, COUNTY EXECUTIVE

*"How can we help you?"*



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